

ABSTRACT

Herein provided is a method for evaluating the antioxidant potential of a biological sample comprising the
5 steps of:

- (a) collecting a sample containing at least oxidizable substrates from a living body;
- (b) initiating an oxidation reaction of said oxidizable substrates;
- 10 (c) continuing said oxidation reaction; and
- (d) quantifying oxidation products formed from said oxidizable substrates by determining the rate of said oxidation reaction during the progress thereof or by performing an assay after said oxidation reaction has been
15 stopped,

wherein said steps (b) and (c) are performed in the presence of one or more antioxidant components.